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Farm Topics

300,000 Acres Hemp Needed From Farms

Increased Use of Fiber Caused by War Demands

Because of the unprecedented war-time demand for hemp, U. S. farmers are planning to produce a record crop of this fiber in 1943.

In the face of a sharp drop in imports of hard fibers, the U. S. war production program—calling for a two-ocean navy and the largest army of all time—demands a tremendous increase in the production of rough, tough fiber. In addition the average American citizen uses almost four pounds of hard fibers per year, or the equivalent of 1,800 feet of binder twine, or 13 feet of one-inch rope.

A. C. A. A. Photo.

Crop plans for the J. R. DeLong farm near Gainesville, Ga., are drawn up with the help of U. S. Department of Agriculture conservationist B. S. Wilder. The young fellow is Johnnie Ray DeLong, J. R.'s grandson.

The minimum goal for U. S. farms is 240 million pounds of hemp in 1943. To obtain that much fiber, it will require, assuming an average yield of 800 pounds of total fiber per acre, roughly 300,000 acres of hemp. This, in turn, will require 250,030 bushels of seed. To produce this seed, assuming a yield of 10 bushels per acre, will require 35,000 acres.

Already Kentucky farmers have planted 36,000 of hemp as a second crop in anticipation of next year's record-breaking acreage for fiber.

Hemp is a soft fiber, but it is durable, strong and flexible. It can be produced successfully in Kentucky, Wisconsin, Minnesota and Illinois.

Now that many of the hard fibers used for these and other purposes are not as readily available and cannot be produced in this climate, hemp becomes an important war-time substitute for them.

Hemp fiber can be used in many ways. It can be used for small hawsers for the navy, which urgently needs these ropes; for ham strings, mattress twines, harness thread, for tying chair springs, as calum or packing material, and as special twines requiring strength and durability.

On the farm heavy hemp rope is used as a cable to hoist tons of hay into the barn or to perform other heavy-duty work.

If you have ever watched an ocean liner dock at an American port, the chances are you received a never-to-be-forgotten thrill when the giant ship, loaded with passengers and valuable cargo, was safely tied to its mooring with a large, stout rope. Seamen call this rope a hawser.

Most ropes of this type are now made from abaca, a hard fiber which has been imported to this country from the Philippines and the East Indies.

Rural Briefs

Cash income from American farm marketings totaled $1,059,000,000 in June as compared with $993,000,000 in May and $773,000,000 in June of 1941.

* * *

Supplies of fresh vegetables for market continue more abundant this year than last with the volume expected to be 9[illegible] greater than in 1941

Labor Day Parade

AMERICA IN ACTION

CIVILIAN ARMY WOMEN

More than half a million civilian women are now engaged in clerical, administrative, industrial, and mechanical jobs for the army.

Women now comprise approximately 38 per cent of all the civilian employees on war department personnel rosters, as compared with about 25 per cent in the summer of 1942.

More than 400 different skills are performed by women for the army, from the expert food consultant to the quartermaster general to the girl messenger in the Pentagon. In addition to training given on the job, training has been given in schools to thousands of women, with the cooperation of the United States office of education.

Convoy driving for camps, posts and stations throughout the service commands was an early assignment for women. As instructors in the rudiments of flying, women have been in great demand. Their usefulness as mechanics for the air forces is on the increase. The corps of engineers employs them to examine fabrics and parts for barrage balloons. The signal corps depends on them to inspect radio parts, the ordnance department to make certain that outgoing ammunition is perfect. For the quartermaster corps, women evaluate textiles for uniforms.

At the beginning of the second year of the replacement policy, women are beginning to move into more and more supervisory positions as their terms of working experience warrant such promotions.

More than a hundred women are now employed as inspectors in war plants in the New England area alone, to interpret and enforce army standards for the chemical warfare service. Women were sent to the schools in the Rock Island arsenal, Illinois, to be equipped to take over civilian administrative jobs in arsenals and depots. The Sacramento air depot, McClellan Field, Calif., had the first all-feminine dispatching team, their work being to route the planes off and on the field. Women have excelled as storekeepers for automotive parts and general repair shops at large army posts, and as testers and cleaners for the guns fired at the Aberdeen Proving Grounds, Maryland.

Released by Western Newspaper Union.

Take My Word For It!

By FRANK COLBY

ROUNDUP

* * *

Colorado Springs: Are there two ways of saying the word ARMADA? —H. M.

Answer: All of nine dictionaries consulted list **ahr-MAY-duh** as first choice. The second choice of three is: **ahr-MAH-duh.**

Wilmington: Why do we sound an "r" in COLONEL?—Mrs. K. N.

Answer: The pronunciation "KER-n'l" is a corruption of the Spanish form **coronel,** which once was current. Later the French spelling "colonel" was adopted, and for awhile the pronunciation "KULL-n'l" was in vogue. But the pronunciation soon reverted to "KER-n'l," although the spelling with "l" was retained. English is like that.

Columbus: When ABSENT is used as a verb, as, "If members absent themselves . . ." how is it pronounced?—W. G. H.

Answer: The second syllable is accented, as: **ab-SENT.**

Typehowler spotted in a South Texas newspaper by O. V. N., of Harlingen: "B— proposes that Mexican farm labor be imported at once to keep cans [illegible]"

Bell Syndicate. — WNU Feature.

Farmer First To See Radar

Deet Grower's Field Scene of Miracle Weapon's First Practical Application.

DETROIT.—A Virginia beet farmer was the only "interested" civilian eyewitness to the first practical application 11 years ago of "radar," the radio ranging and detection system hailed as one of the most important factors in United Nations air supremacy.

This original test was conducted in 1932 by L. A. Hyland, it was revealed following the U. S. navy's first public announcement on radar development.

The navy credited him with first proving that aircraft in flight could be detected by radio.

By using rudimentary radio detection equipment mounted inside a windowless truck, parked on the farm about 10 miles from Washington, D. C., Hyland was successful in locating the U. S. navy dirigible, Akron, while it was in flight 30 miles away. He "picked up" regular broadcast radio from one of the commercial stations in the nation's capital, as it was reflected from the big dirigible.

This convinced him, he said, that with further laboratory work it would be possible to develop and refine such equipment into transmitting, receiving and recording instruments that would not only search out airplanes many miles away, but also determine accurately the number, size and speed of planes in flight.

At the time of his first practical discovery, Hyland was an engineer in the radio division of the Naval Research laboratory. He is now executive engineer of Bendix Aviation corporation. His discovery, combined with the early work of Dr. A. Hoyt Taylor and Leo C. Young, both of the Naval Research laboratory, is credited with paving the way for modern radar.

Two years ago Hyland received from Secretary of the Navy Frank Knox a letter giving recognition to his pioneer contribution to radar.

A patent granting 12 claims covering the art of detection by radio was issued to Hyland, Taylor and Young in November, 1934.

Hyland's early equipment was heavy and cumbersome, a long way from today's compact radar device which uses only "put the finger" on enemy planes and ships.

He describes radar simply as: The transmission of high frequency radio waves which "bounce" back to a receiver - recorder after striking ships, planes or any objects in their wave length paths.

A radar transmitter, he explained, sends out radio waves that travel with the speed of light. A very small interval of time, measured in fractions of seconds, is required for such high frequency radio waves to return after striking some reflecting surface, such as a plane or ship.

Highly sensitive electrical devices measure these time intervals, making it possible to determine almost instantly the presence and location of enemy ships or planes.

Alert Youths Win Look At Secret Army Plane

DAYTON, OHIO.—The army air corps shared a secret with two Dayton boys, giving them a closeup look at a new combat plane undergoing experimental tests at Wright Field. The boys, Joe Kaiser, 12, and Harry Wombold, 13, are members of a plane identification class at school. Sunday they saw a strange plane over Dayton, and telephoned the air force. "There's a Nazi plane up there." The experimental plane was up for a test. Today, in recognition of their alertness the two boys were allowed to inspect the plane.

Get Thrills in Undersea Jobs

Excitement of Chase Leads Men to Volunteer for Submarine Duty.

ABOARD A U. S. SUBMARINE.—What is a submariner?

They're all volunteers in jobs generally considered the most dangerous in the navy. Yet most of them wouldn't trade for the peace and contentment of a farm in Iowa.

Lieut. Comdr. Philip H. Ross, skipper of this submarine, suggests three reasons:

"Fifty per cent extra pay is a big inducement. (All submariners get it.)

"Promotion usually is faster. "There aren't so many" restrictions.

He omits probably one of the most important—excitement of the chase and the thrill of hearing your torpedoes explode against the hull of enemy ships. Only the skipper, looking through his periscope, sees most torpedo hits, but everyone hears the explosions and feels the concussion rock the submarine a little.

Ensign E. W. Lake of New Britain, Conn., has been in submarines 15 of his 22 years in the navy.

"It just happened (that he got into submersibles), but I wouldn't trade with anyone," he said. "There's nothing like 'em."

Spurns Shore Job.

He said that after six war patrols —the first begun at 6 p. m. December 8, 1941, from Manila bay—he was offered a shore job. He declined with thanks but speed.

A shore job might have meant reunion with his wife and daughter, Jeanette, but even that was not enough to induce him up from the depths.

Ensign H. A. Montgomery, 24, Newark, Ohio, came to submersibles from—of all places—airplanes. Until a year ago he was civilian chief of a B-24 bomber ground crew at Chanute Field in Illinois. Then he decided to go undersea.

Ensign E. E. Stewart, 24, from St. Petersburg, Fla., graduated from Florida U., then managed a dairy at Norwich, N. Y., before coming into submarines seven months ago. Other officers on the ship include Lieut. Henry C. Lauerman, 26, of 8123 Maryland avenue, Chicago, gunnery and torpedo officer and first lieutenant; his assistant, Lieut. John M. Barrett, 23, Los Angeles and formerly of Oak Park, Ill., and Lieut. Jack J. Hinchey, 24, Omaha, engineer and diving officer.

An Exciting Life.

All came into submarines because they thought they'd like the life and excitement. No one mentioned the 50 per cent extra pay their skipper gave as a probable lure.

Of all the ship's personnel, Lieut. Comdr. O. M. ("Mack") Butler, 2A, Washington, D. C., the executive officer and navigator, said he didn't exactly volunteer.

"I was on a destroyer one day and my orders came through to go to a submarine school, so I went and here I am. They had said they needed submarine men and I said I was willing, so they picked me."

But he's glad he made the change and so is Captain Ross, who has recommended him for a medal and expects him to be commanding a submarine of his own one of these days.

Butler, who has a wife and daughter, Elizabeth, eight months old, in San Diego, Calif., says: "It's a pretty nasty place to operate but not too bad. We didn't run into much except a lot of whales. They scare you to death—they look like a periscope at night."

Navy Students Cram to Learn Language of Japs

BOULDER, COLO.—It takes 1,200 class hours and 250 hours of examinations plus 3,000 hours of study—all in one year—to learn the Japanese language as is taught by the U. S. navy.

Navy language students, studying at the University of Colorado at Boulder, are cramming a three-year course of Japanese in just one year. The course is estimated to be equivalent to 18 years of a standard college language course.

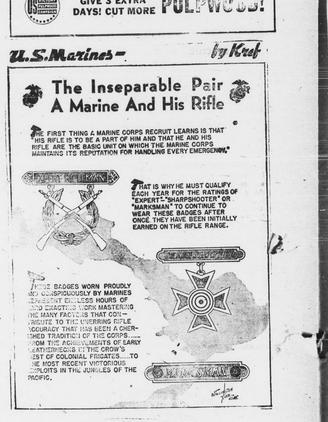
Pacific Air Squadron No Place for Superstitions

CHICO, CALIF.—Members of the Black Cat air squadron doing duty in the southern Pacific attribute all their luck to the name which they chose for the squadron, according to Chief Aviation Pilot Kirk Dunwoody, home on vacation. He reports the squadron has made 160 bombing missions without having a man hurt, although several planes have been lost. The squadron has to its credit three Japanese ships and several submarines.

This Little Shaver Becomes Big Saver

PONCA CITY, OKLA. — The Roy E. Williamses presented a baby bank to son Daniel, five.

Daniel Ray took the lesson to heart. Mrs. Williams' audit of her grocery money showed she was $2 short. Then she happened to think about that lesson in thrift. Daniel Ray's baby bank yielded two $1 bills.



A Different War

NAZI BLITZ WAR is waged without any regard for the welfare of civilians. Below is Sicily the family shown in this picture finds the United Nations right a different kind of war. From the British officer in the local Company Office they get advice on food and housing.

Vera News

Vera, Sept. 1.—John Meggingson, of Lynchburg, and son, are spending this week with Mr. and Mrs. Willie Beale.

Mrs. Maude E. Abbitt spent Saturday night with Mrs. J. J. Cherrault and Sunday with Mrs. Natalie Robertson.

Mr. and Mrs. Ed Blackwell and Mr. and Mrs. J. J. Chernault and daughter, Jeanette spent last Sunday with Mr. and Mrs. Willie Jennings, of Prince Edward County.

Harold Garrett spen Saturday night with Robert Chernault.

Pvt. Kyle Coleman spent last week-end with his parents, Mr. and Mrs. Leslie Coleman.

Cpl. Frank H. Chernault, who is stationed in Nashville, Tenn., is home on a 15-day furlough with his sister, Mrs. R. L. Harris, of Stony Brute.

Hosea Reynolds and sons, Clyde and Hurce and Therious Robertson spent last week-end in Baltimore.

Mrs. J. J. Chernault and Mrs. Lula Beale spent last Friday evening with Mrs. Mary Garrett.

Schools of county to open next week.

Renew your subscription.

Trade with our advertisers.

Farm Topics

Vaccination of Calves Checks Bang's Disease

Immune Heifers Obtained Through This Process

Because of the war and the desire to step up milk production in line with the Food for Freedom program, dairy farmers have adopted calfhood vaccination as a means of controlling Bang's disease more quickly than they would have in ordinary times.

Calfhood vaccination makes it possible for herd owners to replace old, unprofitable cows with heifers immune from brucellosis, or Bang's disease, Dr. George E. Taylor, extension dairyman at Rutgers university, reminds herd owners. However, the answer to the question of whether vaccination is the best method of controlling the disease, depends upon many things, Dr. Taylor says.

"As an example, U. S. department of agriculture officials point to many farmers who have tried the test - and - slaughter method and have not been able to eliminate the disease from their herds completely," he reports. "These farmers frequently are in communities where brucellosis is prevalent. And in all probability, calfhood vaccination would be recommended.

"On the other hand, a farmer may have only one or two cases of brucellosis in his herd. If he lives in a community which is comparatively free from the disease, he and his advisers often conclude that the best thing to do is to get rid of the reacting animals, make a thorough clean-up, and then keep close watch for any reappearance of the trouble.

"Also, there are circumstances which lead farmers to adopt a combination of calfhood vaccination and test-and-slaughter methods in their control of brucellosis."

So if you have brucellosis or Bang's disease in your herd, talk the matter over with your livestock sanitary officials, veterinarian, and your county agricultural agent, suggests Dr. Taylor.

Agriculture in Industry

By FLORENCE C. WEED

Hops

The relatively unimportant hops crop contains hop oil, hop resins and acids, hop tannin, hop bitters and hop wax, but few of these possibilities have been converted to industrial uses. Hops are used mainly in brewing malt beverages where their flavoring and preserving qualities are of particular value. American hops are of high quality but a few individual brewers prefer to import varieties which have special properties lacking in the domestic hops. This makes the market variable and in some years, 5,000,000 pounds of hops have been left unharvested when the price is low and labor is scarce.

The yellowish aromatic substance called "lupulin" contained in hops, has some outlet in medicines.

Research is under way to recover certain compounds found in hops which are lost in the brewing process yet might be valuable in other industries. Dyes, tannins, wax and pectin all might be recovered. Even the fibers left after the hop resin is extracted might be converted into plastics as is being done with soybeans.

Hops are like their name in the way they have moved about this country. They were first introduced in New Netherlands in 1625 and came to Virginia five years later.

Guard Livestock Health

More research on livestock health, and passing the information to livestock and poultry producers is urged.

A report pointed out that livestock losses in the United States, because of poor health and disease, total about 268 million dollars a year.

It was also suggested that farmers may be given the facts best through newspapers, periodicals, and the farm press, telling of practices that will conserve the nation's livestock and poultry resources.

Spout Spring

Spout Spring, Sept. 1.- Mrs. Joel Asher and daughter, of Brookneal, are spending this week with her parents, Mr. and Mrs. W. H. Robertson. Pvt. Shearer Robertson, of Fort Bragg, N. C., and Mrs. Robertson, of Lynchburg and Mr. and Mrs. Theodore Carson and daughter of Altavista spent the week-end in the same home.

Mrs. Forbes Simpson and son, of Washington, D. C., Mrs. Leslie Marsh and so..., of Lynchburg were guests of Mr. and Mrs. Russell Cawthorne last week.

Little Ellen Jean Adams, who has been ill, is out again.

Mrs. Dan Thomas, who has been ill, is improving.

Mrs. Ernest Sours has returned from a trip to Fredericksburg an Richmond.

Mrs. J. J. Sears spent last week end in Fredericksburg with Sgt Sears, who is stationed at A. P. Hill.

Mr. and Mrs. J. E. Chick were called to Washington, D. C. last week on account of the illness of their daughter, Mrs. William Bernard Bates.

Mr. and Mrs. H. D. Jones, Jr., of Baltimore, Md., were recent guests of their parents, Mr. and Mrs. H. E. Jones.

Sgt. Fred Steen, of Souix City, Iowa, has been visiting in the home of R. H. Bates.

Miss Virginia Jones, daughter of Mr. and Mrs. F. O. Jones, left recently for Knoxville, Tenn., where she has accepted a position.

Mrs. Lucille Paxton and Miss Bobby Eggleston, of Houston, Texas will arrive Monday to visit Mr. and Mrs. C. R. Morton.

Spout Spring, Aug. 31.- Mrs. A. B. Carson, who is a patient at the Virginia Baptist Hospital, Lynchburg, is improving.

Mrs. J. W. Coleman, who has been sick, is improving.

The Spout Spring home demonstration club met in the home of Mrs. E. W. Harris last Wednesday afternoon. After an interesting demonstration on school lunches by Mrs. B. G. Anderson, the club members, their families and friends enjoyed a picnic supper.

Mrs. Dan Thomas, who has been sick, is improving.

Misses Emma Johns on and Hazel Moon left last Sunday for Stuart Circle Hospital, Richmond, where they will be students this winter.

Mrs. O. J. Webb spent las week with several of her children in Newport News and Norfolk.

Barry Leigh Webb, of Lynchburg is visiting his cousin, Jerry Martin.

Mrs. Sam Mayberry, who has been sick, is slowly improving.

Mr. and Mrs. Oscar Spencer and daughter, Betty Jean, of Lynchburg spent several days last week here.

Mr. and Mrs. Homer Babcock and son, of Lynchburg visited in the home of her parents, Mr. and Mrs. W. E. Dickerson Sunday.

Oakville

Oakville, Sept. 1.- Mrs. C. E.Wilkerson visited her mother, Mrs.John Jingham Sunday.

Alfred Garrett and daughter, Sylvia spent Sunday afternoon with his parents, Mr. and Mrs. Fletcher Garrett.

Misses James Nancy Hughes and Edith Williams, of Farmville spent last week-end with Mr. and Mrs. Sam Megginson.

Those visiting Mr. and Mrs. W. Harvey Spradley were Mr. and Mrs. Eston Harvey and daughter, Leticia, of Chase City, Mr. and Mrs. C. D. Lewis and family and Mr. and Mrs. C. E. Lewis, of Vera.

Miss Mildred Smith visited Miss Eva Martin at Appomattox last week-end.

Mr. and Mrs. C. Roland Smith and family and Mr. and Mrs. Terry Rogers spent Sunday with Mr. and Mrs. Emmett Dupe.

Mrs. Charles Thomas Moses, Jr. has returned to her home here, after spending some time in Kansas with her husband.

Miss Eleanor Burge, of Lynchburg visited her sister, Mrs. Harry Martin last week-end.

Cpl. Samuel Lee Page and Mrs. Page, Miss Zada Stanley and Mrs. Curtis Page spent Sunday with Mr. and Mrs. T. L. Page.

Miss Elaine Phelps spent Friday night with Barbara Smith.

Mr. and Mrs. Earl Marsh and children, of Bassett, Va., Mrs. E. J. Marsh and Phyllis Lucado visited Mr. and Mrs. T. E. Marsh Sunday.

T. E. Owen continues about the same at the Virginia Baptist hospital.

Miss Ilene Moore, of Norfolk, is spending this week with her parents, Mr. and Mrs. Clarence Moore.

Mr. and Mrs. J. E. Burge and daughter are making their home for the present with Mr. and Mrs. W. H. Ayers.

Mr. and Mrs. Jones Caldwell and daughter and Mrs. Caldwell's mother spent Tuesday with Mr. and Mrs. C. D. Lewis.

Mr. and Mrs. Guy Harris and daughter and Mr. and Mrs. Fleming Martin, of Lynchburg visited relatives and friends here last week.

Petha y

Bethany, Sept. 1.-Mrs. Elizabeth Elliott, of Brookneal spent several days last week with her daughter, Mrs. Katie Allen, in the home of Mr. and Mrs. W. C. Paulette.

Mrs. Corinne Paulette and sons, Gene and Jerry visited in the home of Mr. and Mrs. E. L. Harvey Sunday evening.

Mr. and Mrs. P. O. Paulette, and "Red" and Hazel Paulette visited in the home of Mr. and Mrs. R. J. Paulette Sunday evening

Miss Madeline Elliott, of Brookneal is spending this week with Mrs. W. C. Paulette.

Misses Ora, Carolyn, and Phyllis Paulette and Emmitt Paulette visited Mr. and Mrs. S. J. Paulette Sunday and Thomas Olander Paulette rerned with them.

Mrs. Ruth Jennings and son, Douglas spent Sunday evening in the home of Mr. and Mrs. Joe Paulette.

Miss Gwendolyn Paulette spent Sunday night and Monday with Phyllis Paulette.

Mrs. Corinne Paulette has received word that Mr. and Mrs. Linwood Paulette, of Kansas City, have a eight pound baby boy.

TO CHECK MALARIA IN 7 DAYS take 666
Liquid for Malarial Symptoms.

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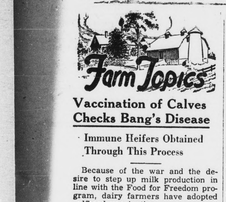
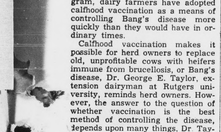


This small herd, part of a larger one, is the kind that has to be watched for any outbreak of the dreaded Bang's disease.

life's like that
By FRED NEHER



"I'll say your mother is outspoken . . . but not by anyone I know."
—O—

"GAY GADGETS"

Associated Newspapers—WNU Features.

NAIL POLISH NONSENSE

On Jitterbug Joolery, Glasses and Shoes.

It's Nail Polish that all the Hepcat's cats use. Write with it, paste with it —it never fails— And LOOK at the Glama it gives to your nails!

MULTI-COLOR—Just for fun, use a different shade of polish on each nail. Then you will be sure to have at least one nail that goes with your outfit.

THUMBS UP!—Apply your polish in a "V" on each of your thumb nails. That's the new way of saying "Thumbs Up for Victory."

GOOD RUNG WORK—Even the little brushes from your nail polish bottles make good Tricks. Clean them off thoroughly; then tie a few together with a decorative ribbon bow and wear on your lapel. Empty nail polish bottles, by the way, are swell for carrying your favorite perfume around in your bag. Apply the perfume with the brush. (A little behind each ear and he'll call you his P-38). Bottles make slick flower containers, too. Wear one on your lapel with water and a real posy in it.

PRECIOUS JOOLS — Cover the stone of your dime store rings and earrings with the same color polish you use on your nails. Do the same with the buttons of your cardigan or shirt.

COKE CUE — When the gang comes over for cokes, write each boy's and girl's initials with nail polish on their glasses. No danger of a mix-up, then.

FAKE EARRINGS—A dot of nail polish on the lobe of each ear will give the effect of button earrings—only much more comfortable.

WISH BONE WINNER—The next time you have poultry for dinner, salvage the wish bone, dry thoroughly, then cover with red nail polish. Attach a little red, white and blue ribbon and wear as a "V" on your lapel. Or attach a bobby pin and wear in your hair. Or string a few wish bones on a yarn chain for a necklace.

STAR GAZIN'

Remember when you received stars for good behavior in elementary school? Well, now you get stars for glamour. Buy yourself a supply of paper stars in gold, silver and colors at the stationery store and then try some of these starry tricks.

WOLF BAIT—Nothing gets the stag line at a formal like gold or silver stars sprinkled over your long, flowing locks. It's positively ethereal!

ALL STUCK UP—It's O. K. to be stuck up with stars. For instance, paste a star on the lobe of each ear instead of earrings. For finger tip fascination, paste a little star on each nail over your polish.

WASH DAY WINNER

Sew two patch pockets on your sweater or blouse. With doll size clothes pins attach a string from pocket to pocket and fill with doll's clothes. Everybody will stop, look and ask questions—and isn't that the whole idea behind Tricks for Teens, anyway?

A 62-Year Record of 2-Way Help
FOR WOMEN suggests you try CARDUI
*See directions on label

How many of these lighting mistakes are YOU making?

TO HELP protect eyes at home, and to aid in the conservation of critical materials, home lighting experts were asked to list some of the common mistakes made in home lighting. If you follow these simple suggestions, you'll get more useful light from your home lighting.

GOOD EYESIGHT is one of our most valuable national resources. On the home front as well as on the production lines, remember that electricity and eyesight are both vital to victory.

So let's conserve eyesight and electricity by avoiding the lighting mistakes shown above and by having the eyes of the members of your family examined regularly by competent eyesight specialists.

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